

4th grade: 3, 45 minute sessions

What We Learned About Bullying©

(By Sunburst Visual Media - modified by Project Hope for RPE purposes. To order original curriculum, call Sunburst Visual Media @ 1-888-431-1934.)

Session 1: What Is a Bully?

Session 2: Not All Bullies Are the Same

Session 3: What You Can Do

Objectives:

1. Students will learn to recognize bullying behaviors.
2. Children will understand that there are different kinds of bullies and understand common motives behind bullies' actions.
3. Students will learn some positive strategies to stop bullying.

Rationale:

Children who are unable to understand or deal with bullying may suffer emotional wounds that can carry into their adult relationships and last a lifetime. Children who learn to stand up to bullies however, often have increased feelings of self-worth among other lasting positive emotions. In order to cope with bullying though, children need to understand some of the motivations of bullies and be able to use that information to develop techniques for handling bullying behavior.

This curriculum is unique in that it shows "real kids", not actors, discussing their feelings about bullies. Students are therefore far more able to connect the information they are learning about to their own lives. By listening to a group of kids just like them, children gain very powerful skills in order to handle the problem of bullying.

Session 1: What is a Bully?

Supplies:

- What We Learned About Bullying - DVD
- How Does It Feel to be Bullied? - worksheet
- Decorating tools - markers, colored pencils, crayons, etc.
- Scissors - enough for each kid or a pair for every few kids
- Pre-made banners (use paint on butcher paper)
 - Nobody Likes a Bully!
 - By Sticking Together, Bullies Don't Stand a Chance!

Implement:

Chapter 1 of DVD: (10 minutes)

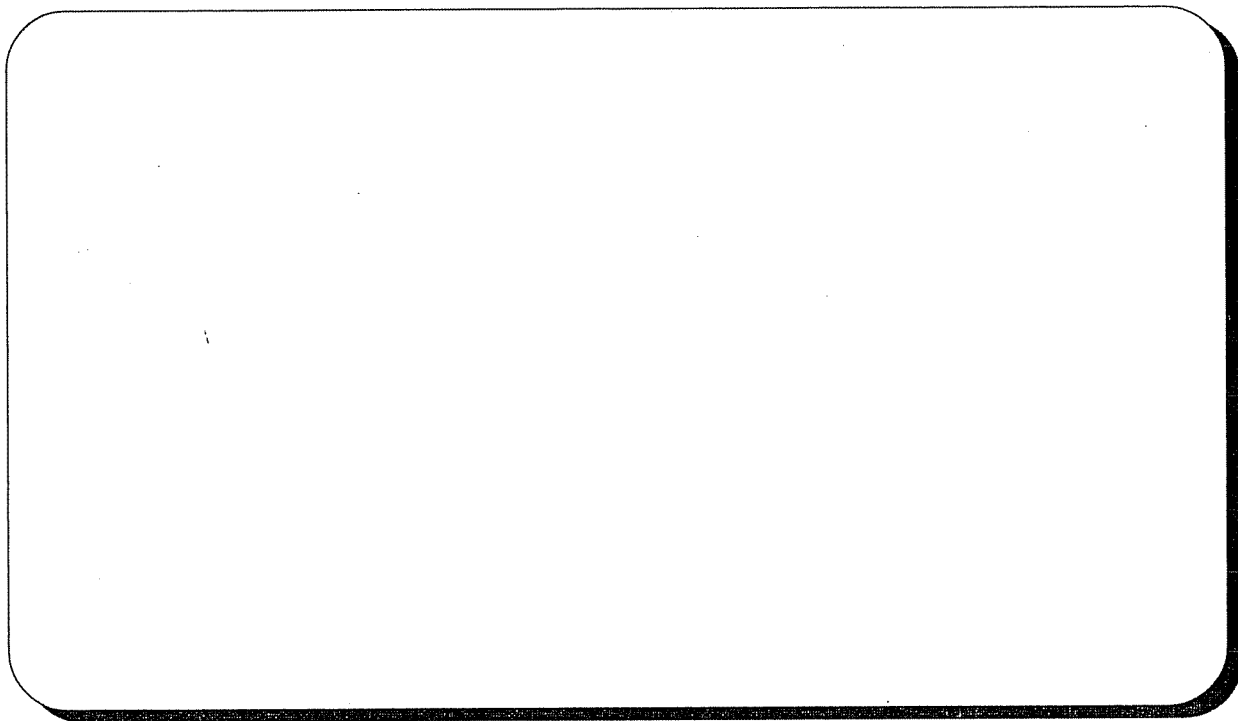
- Show Chapter 1 of "What We Learned About Bullying" DVD and do on-screen discussion question at the end.

How Does It Feel to be Bullied: (35 minutes)

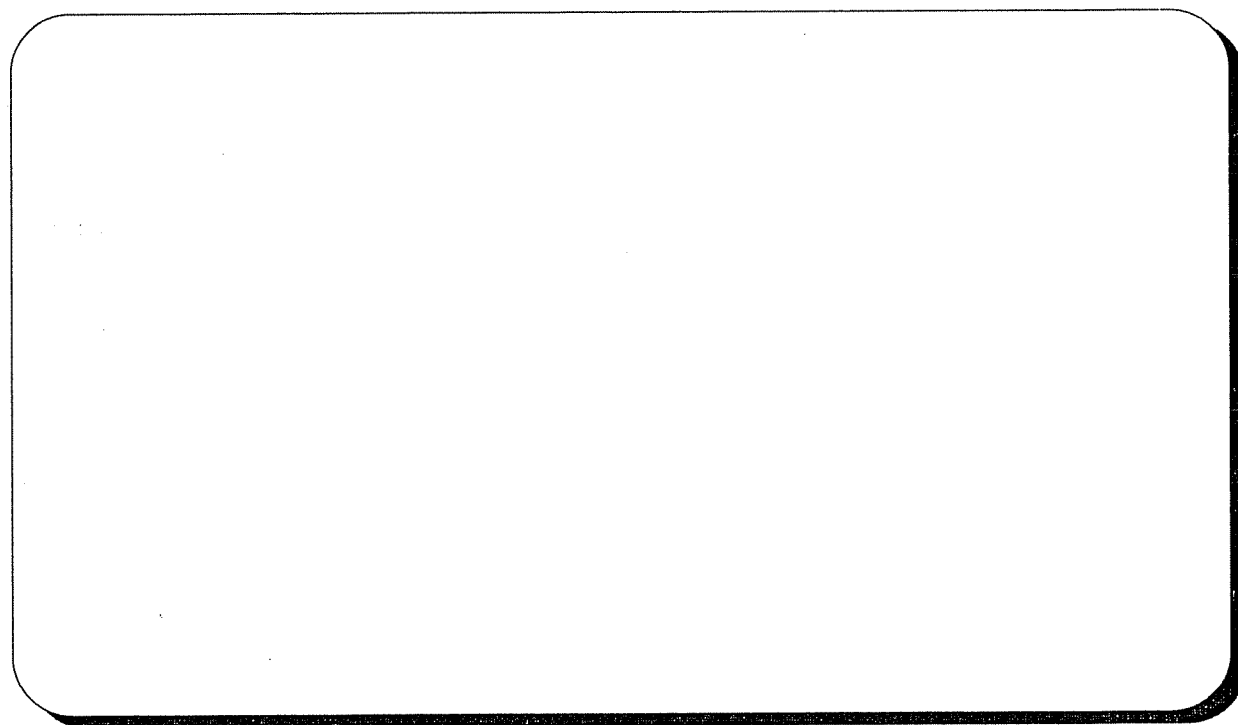
- Distribute "How Does It Feel to be Bullied?" worksheet and tell students that they can either draw in the boxes (as the directions say) or write a few sentences instead. Ask the class if anyone would like to share their drawings/sentences.
- Have students cut out their 1st box ("how you feel when someone is bullying you") and glue it somewhere on the "Nobody Likes a Bully!" banner.
- Have students cut out their 2nd box ("how you feel when the bully is gone") and glue it somewhere on the "By Sticking Together..." banner.
- Discuss the fact that these banners are their classes/schools to keep and that they should serve as a reminder of what they are learning this week for the rest of the year.

How Does It Feel to be Bullied?

Draw a picture that shows how you feel when someone is bullying you.



Now draw a picture that shows how you feel when the bully is gone.



Session 2: Not All Bullies are the Same

Supplies:

- What We Learned About Bullying - DVD
- Feelings - worksheet
- Where's the Word - worksheet/activity
- Word Scramble - worksheet
- Small Prize(s) - for winning group of Word Scramble activity

Implement:

Chapter 2 of DVD: (10 minutes)

- Show Chapter 2 of "What We Learned About Bullying" DVD and do on-screen discussion question at the end.

Feelings: (20 minutes)

- Distribute "Feelings" worksheet and read the instructions to the students. Have students write the sentences on the front of the worksheet in the spaces provided. Then have each student pick one of their feelings to come up and draw a face of on the board. When you are finished you should have a chalk board full of different negative emotions for students to look at and reflect upon. Emphasize to students that since they don't like to feel such negative emotions themselves, that they should work hard to not make others feel such negative emotions either - by bullying, etc.
- Give students who finish earlier than others a "Where's the Word?" worksheet to work quietly on while the rest of the class finishes.

Word Scramble: (15 minutes)

- Once everyone has drawn a "feeling face" on the board, distribute the "Word Scramble" worksheet and have students work in pairs/small groups on it. First group done gets a prize!

Feelings

Circle four feeling words from the list below that describe how someone might feel if a bully kept picking on them.

*cheerful**excited**sad**angry**hurt**guilty**upset**happy**proud**scared**worried**hopeful*

For each word that you circled, make up a sentence using that word. Or use the back of this page and draw faces that show the feelings.

1. _____

2. _____

3. _____

4. _____

Where's the Word?

Find the words from the Word List in the puzzle and draw a circle around them. If you want the puzzle to look pretty, use different colored pencils to draw the circles.

Word List

ANGRY
BULLY
FEELINGS
HURT
IGNORE
MEAN
PUSH
SCARED
TEASE
TELL
TOUGH
WEAK
MAD
HELP
GREAT

M A D A N G R Y S
T E I W E A K G S
E E A G S W N R C
A H L N N I A E A
S E U L L O H A R
E L U E T S R T E
D P E R U B C E D
O F U P T O U G H
Q H M J B U L L Y

Write a sentence using at least four of the words you found in the puzzle.

Word Scramble

Unscramble the letters to make a word that fits in each sentence. Use the words in the box as clues.

deal stand angry bullies
scared tough together themselves friend
inside tease weaker feelings

- Most bullies pick on someone _____ than themselves.
E E K W R A
- There are ways to _____ with a bully.
L D A E
- A bully is someone who likes to _____ other kids.
S T A E E
- A bully likes to hurt someone's _____.
S L E F G E N I
- Bullies usually don't like _____.
E S V T L H M E E S
- Being bullied can make you feel _____ or _____.
C R E D S A Y G A N R
- Lots of bullies don't feel good _____.
E I I D S N
- You can _____ up to a bully.
D T N A S
- Sometimes being a bully makes someone feel _____.
G T U O H
- Sometimes _____ feel bad about themselves.
L B L U S E I
- A good way to handle a bully is to get _____ with friends.
O T H R E T E G
- Sometimes a bully can become your _____.
D I R E N F

Session 3: What You Can Do

Supplies:

- What We Learned About Bullying - DVD
- Stop a Bully! - worksheet
- What Could You Do or Say to a Bully? - written or typed on note cards
- What Would You Do - worksheet
- Evaluations - worksheets

Implement:

Chapter 3 of DVD: (10 minutes)

- Show Chapter 3 of "What We Learned About Bullying" DVD and do on-screen discussion question.

Stop a Bully: (8 minutes)

- Distribute and have students complete "Stop a Bully!" worksheet.

What Could You Do or Say to Stop a Bully: (8 minutes)

- Give 8-12 volunteers a note card with a bullying scenario on it. Have them think about their scenario silently to themselves or quietly with a friend. Then go around the room discussing the students' ideas about how they would handle that situation.

What Would You Do: (10 minutes)

- Distribute "What Would You Do?" worksheets and have each student complete any 5 of the sentences. Ask for volunteers to share some of their ideas. Explain that these sheets are theirs' to keep - though you hope they'll never have to use it.

Empowerment: (4 minutes)

- Explain to them that though you've had a lot of fun learning about this stuff that bullying is serious business and that as they grow up bullies will take many different shapes - bosses, boyfriends & girlfriends, coaches, etc.

From all of the work they've done, you don't care if they forget ALL the rest of it - you just want them to remember 3 things:

- if they are being bullied (and not acting like a bully themselves) - then IT IS NOT YOUR FAULT

- that even though it might seem like it - A BULLY DOESN'T HAVE MORE POWER OR CONTROL THAN YOU
- no matter what happens - YOU ARE NOT ALONE & THERE ARE PEOPLE THAT CAN HELP YOU

Resources: (15 seconds)

- Ask students to think silently about 3 grown-ups they could talk to if they were confronted with a bully who wouldn't stop picking on them. Explain to them that telling an adult about someone bullying you is not tattling - it is standing up for your right to be treated with respect.

Evaluations: (5 minutes)

- Have students complete their evaluations.

Stop a Bully!

Write 5 things you can do to stop a bully.

Then draw a picture of yourself doing one of these things.

1. _____

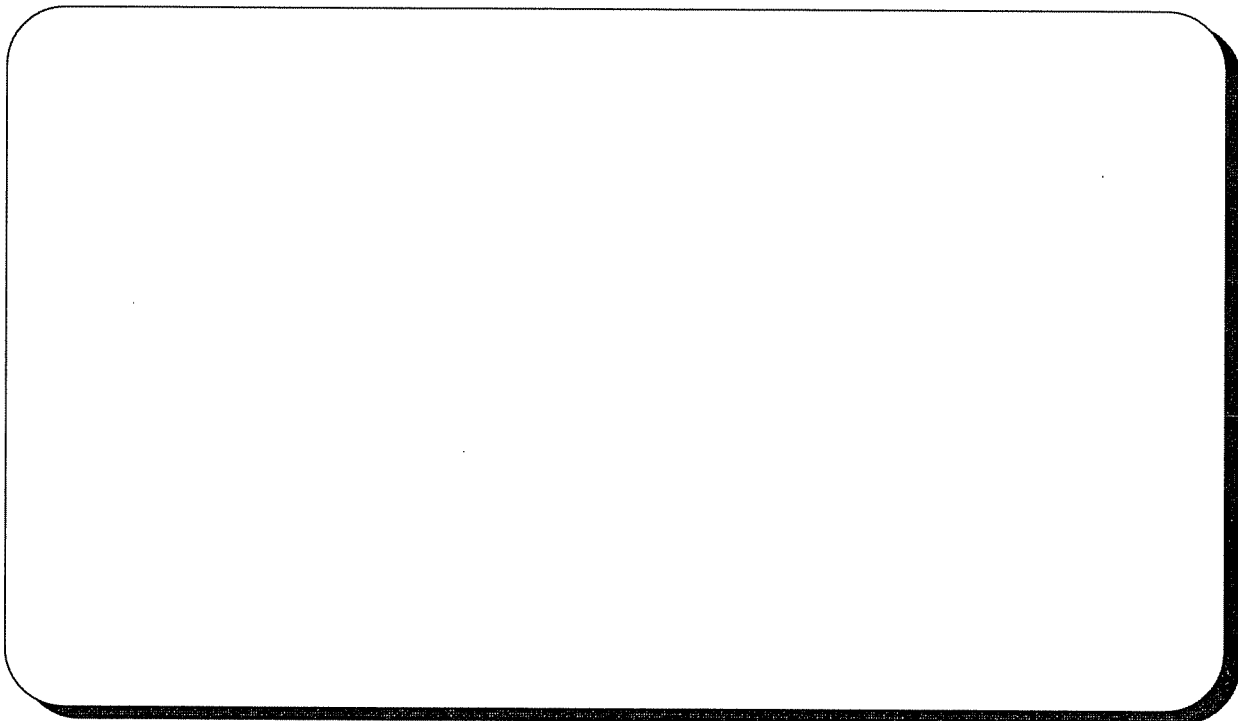
2. _____

3. _____

4. _____

5. _____

Draw your picture here:



What Could You Do or Say to Stand Up to a Bully?

Tell me what you would say or do if this happened to you.

- Celia takes your book and holds it where you can't reach it.
- Zack makes fun of you by calling you "Jane the Brain".
- Joe tells you that you better give him your ice cream or "you'll be sorry".
- Francis grabs your cookie out of your hand and takes a bite.
- Bobby says that if you don't give him your homework, he's going to get you in trouble.
- Sam says that if you don't take one of his cigarettes, he's going to tell your parents that YOU offered HIM cigarettes.
- Jenny pushes you out of line and takes your place.
- You see Samantha drop your friend's coat in the mud on purpose.
- You see Andy trip your friend in the hall and your friend falls on the ground.
- Shauna doesn't let the new kid sit next to her on the bus and everyone starts laughing.
- At recess, Tammy keeps calling your friend names. She doesn't make fun of you though.
- Billy tells you that Danny likes Kristen.
- Kelly punches your friend Donna on the playground.
- Jonnie knocks your friend's books out of her hands and on to the ground.

What Would You Do?

Each sentence, tells something a bully would do. On the line below each sentence write what the bullied person could do or say.

1. Adam grabbed Carla's new book and held it where she couldn't reach it.

2. Zach made fun of Jane and called her "Jane the Brain".

3. Marla told her brother to give her one of his cookies or he'd be sorry.

4. Zoe grabbed Fran's sandwich and took a bite.

5. Bobby said Jan should give him her lunch money or he would get him in trouble.

6. Anne tied Shelley's gym shoe laces together in knots.

7. Shauna took up the whole bus seat when Ben started to sit down.

8. Grant pushed Jenna out of line and took her place.

9. Cherise locked Dawn in a bathroom stall.

10. Chris dropped Scottie's coat in a mud puddle.

4th Grade Evaluation

School: _____

Date: _____

True or False:

1. A bully is some one who likes to make lots of friends?

True False

2. You can get bullied even as an adult?

True False

3. It is NOT your fault if you get bullied?

True False

4. When you are bullied, that person has control over you?

True False

Multiple Choice (pick the best answer):

5. A good way to stand up to a bully is to:

- a. physically hurt them
- b. get together with friends
- c. give them your lunch money
- d. call them mean names

6. What is something a person would feel if they continued to be bullied?

- a. excited
- b. hopeful
- c. hurt
- d. proud

The best activity we did was:

Something new I learned was:

Rate the guest speaker. Circle a number below.

1= I was bored and I didn't learn anything.

2= I was kind of board and I only learned a little bit

3= I had some fun and I learned some new things

4= I had a lot of fun and I learned lots of things!